



# PULSES A HEALTHY FOOD CHOICE

*Pulses (beans, peas, chickpeas and lentils) reduce the risk of chronic diseases and improve human health*

800 MILLION + people globally suffer from acute or chronic undernourishment <sup>1</sup>



WORLDWIDE OBESITY HAS MORE THAN DOUBLED SINCE 1980<sup>7</sup>



CARDIOVASCULAR DISEASES ARE THE NUMBER 1 CAUSE OF DEATH GLOBALLY

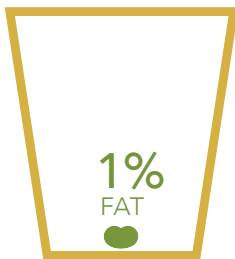


IN 2014 THE GLOBAL PREVALENCE OF DIABETES\* WAS ESTIMATED TO BE 9% AMONG ADULTS<sup>10</sup>



THE NUMBER OF NEW CANCER CASES IS EXPECTED TO RISE BY ABOUT 70% OVER THE NEXT 2 DECADES<sup>11</sup>

Pulses can help **IMPROVE NUTRITION**, in just one cup, pulses can provide you with...<sup>2</sup>



## THE HEALTH BENEFITS OF PULSES

Fe	K	Mg	Zn	B <sup>1</sup>	B <sup>3</sup>	B <sup>9</sup>
IRON	POTASSIUM	MAGNESIUM	ZINC	THIAMIN	NIACIN	FOLATE

Pulses are **PACKED** with essential micronutrients and vitamins

Pulses are an alternative for the **1 IN 133 PEOPLE** who suffer from Celiac disease or gluten intolerance

Pulses have an important role in **HELPING COMBAT** leading global health issues



REDUCED RISK OF HEART DISEASE



REDUCED RISK OF CANCER<sup>4</sup>



DIABETES PREVENTION AND CONTROL<sup>3</sup>



CHOLESTEROL REDUCTION<sup>5</sup>



ANAEMIA PREVENTION<sup>6</sup>



WEIGHT MANAGEMENT & LOSS

CELEBRATE WORLD PULSES DAY 2019

WWW.PULSES.ORG  
#WORLDPUSES DAY @LOVEPULSES

<sup>1</sup> 'The State of Food Insecurity in the World 2014' Food and Agriculture Organization of the United Nations <http://www.fao.org/publications/sofi/2014/en/>  
<sup>2</sup> 'Pulses are a Superfood' Pulse Canada <http://www.pulsecanada.com/uploads/dl/y5/dly5UD09BpWjEAJb3YkQiA/Pulses-are-a-Superfood.pdf>  
<sup>3</sup> 'Diabetes Food and Tips' <http://www.helpguide.org/articles/diet-weight-loss/diabetes-diet-and-food-tips.htm>  
<sup>4</sup> 'Spillin' the Beans on Good Nutrition' United States Department for Agriculture 2006 <http://www.ars.usda.gov/Research/docs.htm?docid=10817>  
<sup>5</sup> 'Vegetables, Fruits, Legumes and Prostate Cancer: A Multiethnic Case-Control Study' Cancer Epidemiol Biomarkers Prev. August 2000 <http://cebp.aacrjournals.org/content/9/8/795.short>  
<sup>6</sup> 'Low anemia prevalence among adolescents of an urban hilly community' 2007. <http://cebp.aacrjournals.org/content/9/8/795.short>  
<sup>7</sup> 'Obesity and overweight' WHO Factsheet N°311 January 2015 <http://www.who.int/mediacentre/factsheets/fs311/en/>  
<sup>8</sup> 'Obesity and overweight' WHO Factsheet N°311 January 2015 <http://www.who.int/mediacentre/factsheets/fs311/en/>  
<sup>9</sup> 'Cardiovascular diseases (CVDs)' WHO Factsheet N°317 January 2015 <http://www.who.int/mediacentre/factsheets/fs317/en/>  
<sup>10</sup> 'Diabetes' WHO Factsheet No.312 January 2015 <http://www.who.int/mediacentre/factsheets/fs312/en/>  
<sup>11</sup> 'Cancer' WHO Factsheet No.297 January 2015 <http://www.who.int/mediacentre/factsheets/fs297/en/>